# Mirror, Mirror on the wall.....

Don't panic when the blunt answer from your "mirror, mirror on the wall" is that you are too heavy. If you do, your haste to lose weight may allow you to fall prey to the first weight-reducing measure that catches your attention.

Rubber sweatsuits and wraps are only two of the heavily promoted items to attract those wanting to lose weight. They have no effect on fat deposits and will not desolve fat, even temporarily.

Most medical experts agree that such treatments will cause a loss of inches, and perhaps pounds, due to heavy sweating. The reductions are only temporary, however.

The fluid is soon replaced by eating or drinking. A dangerous side effect of sweatsuits and similar garb is that a rapid and excessive fluid loss can bring about severe dehydration, upsetting the balance of important chemicals in the body.

People who want to be thinner with little or no effort "lose" in two ways by using these products. At the least, they will pay for products that have no more effect than a placebo and, more seriously, they run the risk of damaging their health.

The Food and Drug Administration (FDA) has investigated numerous of these products. As a result, they have taken action against several firms making unsubstantiated medical or therapeutic claims for wrapping devices and latex exercise or sweat

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# .....Who's the heaviest of them all?

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suits.

The FDA also has challenged the claims for a number of substances which advertise that they can enable a person to eat all he or she wants and still lose weight.

Starch blockers are pills that have been touted as being able to block or impete starch digestions and thereby helping in weight control. Advertisements claimed people taking starch blocker pills could eat up to 600 calories a day of such food as bread, potatoes and pasta without absorbing the calories.

The FDA reports that some users of these products have complained of nausea, vomiting, diarrhea and stomach pains. The pills are considered especially hazardous to diabetics, who may rely on the supposed carbohydrate blocking effect to calculate their diets.

If you need to lose weight, spend your money on a good, balanced lower-calorie diet and a pair of shoes to run or walk off some of those pounds. Remember, however, to consult with the family doctor before beginning any drastic change in diet or exercise.

The FDA has information to help you protect yourself against current diet fads, such as specialized garments that "melt" fat, pills that curb appetites and other different approaches to losing weight. For a free copy of the pamphlet, "About Body Wraps, Pills and Other Magic Wands," write to the Consumer Information Center, Department 595L, Pueblo, Colo. 891009.


FOOD WORLD
Quality...Since 1917

New Year Holiday

Food World Is Firmly Resolved To Be The Leader in Quality and Low Prices All During 1984!!

SAVE 50¢ Lb. — Whole Pork Loins — 14 To 17 Lb. Avg. Cut Free Into Roast & Chops — Lb. 99¢
SAVE 30¢ Lb. — Pork Chops — ¼ Loin Sliced — Lb. 1.39
SAVE 40¢ Lb. — Boneless Pork Loin — Wilson Recipe Ready — Whole Or Half Cut Free — Lb. 2.49
SAVE 40¢ Lb. — Boneless Pork Chops — Formerly Called Tenderloin — Lb. 2.99
SAVE 60¢ Lb. — Ground Beef — Fresh, 5 Lb. Pkg. Or More — Lb. 89¢

Cube Pork Steaks Lean, Tender Lb. 1.99
Sirloin Pork Roast Boneless, 2 To 3 Lb. Avg. Lb. 1.99
Meat Franks (Beef 1.19) Armour Star, 12 Oz. Pkg. 1.09
Sliced Bologna Armour Star, Regular Or Beef, 12 Oz. Pkg. Lb. 1.29

Sliced Bacon Armour Star, 12 Oz. Pkg. Lb. 1.49
Wieners Oscar Mayer, (Beef 1.89) Lb. 1.79
Sliced Bologna Oscar Mayer, (Beef 1.09) 8 Oz. Pkg. 99¢
Sliced Bologna Oscar Mayer, (Beef 1.49) 12 Oz. Pkg. Lb. 1.39

Cooked Ham Oscar Mayer, 6 Oz. Pkg. 1.69
Sliced Cooked Ham Food World Lb. 3.29
Lil' Cocktail Franks Kahn's, (Smokies 2.49) Lb. 1.99
Rascal Franks Greenhill, 2 Lb. Pkg. 1.69
Sliced Bologna Rascal, Greenhill Lb. 89¢

Sliced Bacon Oscar Mayer Lb. 2.39
Pick Of Chix Holly Farms, All Choice Parts Lb. 1.29
Braunschweiger Chub, Kahns Lb. 1.39
H & G Whiting Dressed, 5 Lb. Box 2.39

Ocean Perch Fillets Lb. 1.39
Snow Crab Clusters Lb. 2.39
Whole Flounder Fresh, Never-Frozen Lb. 1.19
Flounder Fillets Fresh, Never-Frozen Lb. 2.49

SAVE 30¢ Lb. — Smoked Hog Jowls — "New Year Tradition" — Lb. 49¢
SAVE 30¢ Lb. — Pork Sausage — Gwaltney Olde Towne Hot Or Mild — Lb. 69¢
SAVE 40¢ Lb. — Sliced Bacon — Market Style — Lb. 1.19
SAVE 10¢ Lb. — Pork Neck Bones — Feet, Ears, Or Tails — Lb. 39¢
SAVE 80¢ Lb. — Canned Hams — Armour Star — 3 Lb. Can 5.99

TRADITIONAL NEW YEARS MEAL

Garden Fresh bulk produce... loose... buy just what you need ...a lot or a little

Blackeye Peas — 11 Oz. Pack — 49¢
Collard Greens — 3 Lbs. For 1.00
White Potatoes — U.S. #1 — 10 Lb. Bag 1.29
Salad Tomatoes — 28 Oz. 8 Pack 88¢
Harmony Foods — All Natural — Many Varieties • Trail Mix • Carob Raisins • Yogurt Cluster Raisins Etc. Etc. — Lb. 2.69 — Bulk Containers

Pinto Beans Lucks, 15 Oz. Can 39¢
Pizza Quick Ragu, Assorted, 12.9 Oz. 1.39
Pizza Quick Ragu, Assorted, 25.9 Oz. 1.99

Spaghetti Sauce Ragu, Assorted, 15½ Oz. 89¢
Oyster Stew Hilton, 10½ Oz. 69¢
Clam Chowder Hilton, New England, 10½ Oz. 55¢

Prices good thru January 1, 1984 in Appomattox Food World's, Only! None sold to Dealers. We Reserve the right to limit quantities.

Cheese Pizza Mix Chef Boy Ar Dee, 15⅞ Oz. 1.39
Pizza Mix w/Sausage, Pepperoni, Or Hamburger, Chef Boy Ar Dee, 16⅞ Oz. 1.69
Spaghetti w/Meatballs, Beef-O-Getti, Beefaroni, Beef Ravioli, Or Lasagna, 7½ Oz. Chef Boy Ar Dee 48¢
Apple Juice White House, 32 Oz. 79¢
Cherry Apple Juice White House, 32 Oz. 85¢
Salad Dressing 7 Seas, Assorted, 8 Oz. 79¢

The best in freshness is found in our Deli-kitchen

Virginia Deli Ham — Whole Or Half Fully Cooked — Lb. 2.99
Deli Sliced Ham — Virginia Fully Cooked — Lb. 3.99

Boiled Ham Smithfield, Deli Sliced Lb. 2.99
Tortilla Chips Deli Style, 12 Oz. Bag 89¢
Sausage Stick Old Wisconsin, 9 Oz. 1.99

FREE One Pound Of Potato Salad With The Purchase Of One Pound Deli Sliced Swiss Cheese

Potato Salad Fresh Deli Style Lb. 89¢
French Onion Dip Fresh Deli Style Lb. 1.39

New Years Party Platter
1 Lb. Sliced Fully Cooked Roast Beef.
1 Lb. Turkey Breast. 1 Lb. Imported Ham.
1 Lb. Potato Salad.
1 Lb. Cole Slaw.
All For 16.99

Apple Juice — Food World 32 Oz. — 69¢
Oodles Of Noodles Assorted, 3 Oz. 25¢
Apple Sauce White House, 16½ Oz. 45¢
Tang Drink Instant, 27 Oz. 2.39

Mr. P's Pizza — Sausage Combination Pepperoni Or Hamburger 9 Oz. 79¢
Grape Jelly Welch, 10 Oz. 69¢
Fruity Pebbles Post Cereal, 15 Oz. 1.89

ORANGE JUICE — Tropicana Premium 64 Oz. Carton 1.49 — Tropicana Golden Pure 64 Oz. Carton 89¢
Instant NESCAFE DECAF COFFEE 3.99 10 Oz. Jar
28 Oz. Bottle AJAX All Purpose Cleaner 1.69 25¢ Off Label
HAWAIIAN PUNCH 3 Pack Box 79¢ 46 Oz. Carton 75¢

Food World Milk — Gallon Homogenized — 1.89

Food Festival

OPEN REG. HOURS NEW YEARS HOLIDAY
We thank you for your patronage and we look forward to serving you in 1984

FOOD WORLD
Quality...Since 1917

The 2200 Employee-Owners of Food World Wish You Every Happiness in the New Year!

16 Oz. 8 Pk. Coca Cola — Tab Or Mello Yello — 1.19 Plus Deposit
SAVE 20¢ — Ice Cream — Food World Half Gallon Assorted — 1.19
SAVE BIG — Paper Towels — Food World 2 Ply Big Roll — 49¢
SAVE 36¢ — Dawn Detergent — For Dishes 32 Oz. Bottle 30¢ Off Label — 1.49

Long Grain Rice Comet, 28 Oz. Box 89¢
Field Trial High Protein, Dog Food, 25 Lb. Bag 4.35
Morton Dinners Chicken, Turkey, Salisbury, Meat Loaf, 11 Oz. Pkg. 85¢

Corn Muffins Morton, 10 Oz. Pkg. 1.05
Reddi-Wip Real Cream, 7 Oz. Can 1.29
Reddi-Wip Non Dairy, 7 Oz. Can 1.03
Grape Juice Welch, 12 Oz. Can 97¢

Awake Birds Eye, 12 Oz. Can 75¢
Pound Cake Sara Lee, 10½ Oz. Pkg. 1.73
Perch Fillets Gortons, 16 Oz. Box 2.13
French Toast Aunt Jemima, 9 Oz. Box 1.03

Fish Sticks Gortons, 9 Oz. Box 1.39
Gortons Flounder Light Battered, 10 Oz. Box 2.29
Swanson Hungry Man Chicken Pie, 16 Box 1.27
Golden Patties Ore Ida, 15 Oz. Box 1.25

Totinos Classic Pizza 22½ Oz. Box, Combination, Or Pepperoni 2.99
Cob Corn Birds Eye Little Ear, 8 Ears 1.59
Lucky Charms Cereal, General Mills, 9 Oz. 1.15
Golden Grahams General Mills, 18 Oz. 1.99

SAVE BIG — 2 Liter Coca Cola — Tab Or Mello Yello No Return — 1.09
SAVE 32¢ — Wisk Detergent — For Laundry 32 Oz. 25¢ Off Label — 1.49
SAVE BIG — Food World Mayonnaise — 32 Oz. Jar Creamy — 89¢
SAVE 6¢ — Hunt's Ketchup — 32 Oz. Tomato — 89¢
SAVE 9¢ — Corn Flakes — Kellogg's 18 Oz. Box Cereal — 99¢

Famous Brand Groceries at Discount Prices... Plus Delicious Food World Brand Products!

Gallo Premium Wine — 3 Liter Chablis Blanc Rhine Red Rose — 5.89
SAVE BIG — Star Kist Tuna — Chunk Light Meat, In Oil Or Water 6½ Oz. Can — 69¢
SAVE 20¢ — Cheese Food — Kraft, 12 Oz. Single Wrap American — 1.59
SAVE BIG — Orange Juice — Food World 100% Pure Florida 64 Oz. Carton — 89¢
Andre Champagne — 750 ML Extra Dry Pink Cold Duck — 2.49

Krispy Crackers — Sunshine 16 Oz. Box — 59¢
Tomato Soup — Campbell's 10¾ Oz. — 25¢
Armour Treet — 12 Oz. — 1.09

Glad Wrap 200 Feet 1.39
Sandwich Bags Glad, 150 Count 99¢
Kitchen Bags Glad Handle, 10 Count 99¢
Trash Bags Glad Handle Tie, 10 Count 1.49
Crispy Wheats N Raisins General Mills, 12 Oz. 1.19

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Lucks Beans Or Greens
Collard Greens, Turnip Greens & Diced Turnips, Blackeye Peas, Blackeye Peas & Corn, Crowder Peas, Field Peas, Pinto's W/Onions, Mixed Beans, Navies W/Pork, Great Northern Beans, Red Kidney Beans, October Beans, Large Limas, Or Shell Beans, 15 Oz. Can 47¢

Citrus Hill ORANGE JUICE 75¢ 32 Oz. Carton — Citrus Hill ORANGE JUICE 1.09 64 Oz. Carton
Pam Cooking Spray, 6 Oz. 1.79
Easy Off Oven Cleaner, 16 Oz. 1.99
Clorox 2 Bleach, 40 Oz. 1.49
Snowy Bleach Powder, 16 Oz. 1.09

SAVE 10¢ — Food World Bread — White 24 Oz. Loaf — 39¢
Rinso — 72 Oz. RINSO DETERGENT Box 2.19
Large Eggs — Food World Grade A White — Dozen — 99¢

BAKERY...home of freshness

Glazed Donuts — Buy 15 Get 9 FREE!
Chocolate Chip Cookies — Buy 3 Dozen Get 1 Dozen FREE!
Save 1.19 Package Of 24 — Just 1.99
Package Of 4 Dozen — Just 2.97


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